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MANUFACTURING DATE:

LOT NO.:

EXPIRATION DATE:



**PREMIUM  
QUALITY**

**Dietary Supplement**

**38 INGREDIENTS**  
**MULTIVITAMIN**  
**MULTIMINERAL**  
**AMINO ACID COMPLEX**

**Nature's  
Gifts®**

**100  
TABLETS**

### Supplement Facts

Serving size: 2 Tablets • Servings per container: 50

|                                                | Amount<br>Per Serving | % Daily<br>Value | Amount<br>Per Serving                                         | % Daily<br>Value |
|------------------------------------------------|-----------------------|------------------|---------------------------------------------------------------|------------------|
| Vitamin A (as Beta Carotene)                   | 5000 IU               | 100%             | Molybdenum (as Molybdenum Chelate)                            | 140 mcg 187%     |
| Vitamin C (as Ascorbic Acid)                   | 120 mg                | 200%             | Chloride                                                      | 30 mg ***        |
| Vitamin D (as Ergocalciferol)                  | 200 IU                | 50%              | (as Potassium Chloride and Chromium Chloride)                 |                  |
| Vitamin E (as dl-alpha Tocopheryl Acetate)     | 60 IU                 | 200%             | Potassium (as Potassium Chloride)                             | 40 mg 1%**       |
| Vitamin K (as Phytonadione)                    | 80 mcg                | 100%             | FOS (Fructooligosaccharides)                                  | 350 mg *         |
| Thiamin (Vitamin B1) (as Thiamine Mononitrate) | 15 mg                 | 1000%            | Soy Lecithin                                                  | 100 mg *         |
| Riboflavin (Vitamin B2)                        | 17 mg                 | 1000%            | <b>Branch Chain Amino Acid Blend</b>                          | 50 mg *          |
| Niacin (as Niacinamide)                        | 20 mg                 | 100%             | L-Leucine, L-Isoleucine, L-Valine                             |                  |
| Vitamin B6 (as Pyridoxine HCl)                 | 25 mg                 | 1250%            | <i>Panax ginseng</i> C.A. Meyer extract                       | 50 mg *          |
| Folic Acid                                     | 400 mcg               | 100%             | (8% ginsenosides)(root)                                       |                  |
| Vitamin B12 (as Cyanocobalamin)                | 12 mcg                | 200%             | Green Tea extract (leaf)                                      | 50 mg *          |
| Biotin                                         | 600 mcg               | 200%             | Rutin                                                         | 20 mg *          |
| Pantothenic Acid (as D-Calcium Pantothenate)   | 50 mg                 | 500%             | N,N-Dimethylglycine HCl                                       | 20 mg *          |
| Calcium (as Calcium Carbonate)                 | 100 mg                | 10%              | Soy Isoflavones (40% isoflavones)(seed)                       | 7.5 mg *         |
| Iron (as Ferrous Gluconate)                    | 18 mg                 | 100%             | Silicon (as Silicon Dioxide)                                  | 2 mg *           |
| Iodine (as Potassium Iodide)                   | 150 mcg               | 100%             | Boron (as Boron Amino Acid Chelate)                           | 150 mcg *        |
| Magnesium (as Magnesium Oxide)                 | 100 mg                | 25%              | Tin                                                           | 10 mcg *         |
| Zinc (as Zinc Oxide)                           | 15 mg                 | 100%             | Vanadium (as Vanadium Sulfate)                                | 10 mcg *         |
| Selenium (as Sodium Selenate)                  | 70 mcg                | 100%             | Nickel (as Nickel Chelate)                                    | 5 mcg *          |
| Copper (as Copper Oxide)                       | 1 mg                  | 50%              | *Daily Value not established                                  |                  |
| Manganese (as Manganese Sulfate)               | 2 mg                  | 100%             | **Daily Value based on 2,000 calorie diet                     |                  |
| Chromium (as Chromium Chloride)                | 120 mcg               | 100%             | ***Contains less than 2% of the Daily Value for this nutrient |                  |

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, silicon dioxide, magnesium stearate, ethocellulose, carnauba wax, and vanillin.

**Suggested Use:** (Adult) As a dietary supplement take two (2) tablets daily with food.

**Contains: Soy**

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

**Usage Warnings:** Do not use if printed seal under cap is missing or damaged. Check with your doctor before using this product if you are using medication or have any medical conditions. Do not use if you are pregnant or nursing. Not intended for use by persons under 18. Do not exceed recommended dosage. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool dry place, tightly closed.